Maternal and Child Health Access
Monthly Meeting
Thursday, April 18, 2013

1. **Introductions**

2. **Mailing sent, Meeting Materials, Additions to Agenda**

3. **Guest Speaker:** Karen Ehnert, DVM, MPVM, DACPVM
   Director (Acting)
   Veterinary Public Health, LA County Dept. of Public Health

   Pets and Home Visits

4. **Updates –**

   a. **Healthy Kids update - Liz Ramirez**
   b. **Denti-Cal – Monica Ochoa**

5. **Announcements**

Next MCHA Monthly Meeting: Thursday, May 16, 2012, 10 AM – 12 Noon

ALERT

PARENTS & CARE GIVERS: BABY TURTLES CAN BE HARMFUL TO YOUR LOVED ONE'S HEALTH

In 1975, the federal government banned the sale/distribution of live baby turtles to prevent salmonellosis infections in young children.

It is estimated that about 100,000 cases are prevented each year.

Owners and potential owners of reptiles, including baby turtles, should be educated about the risk of catching salmonellosis from these animals.

Be alert for all reptiles, including turtles, in petting zoos, parks, child care centers, friends' homes or locations where children may be.

Reptiles should not be kept in child day care centers, or locations where small children may be.

If you come in contact with or handle reptiles or their housing, be sure to wash your hands thoroughly with soap and water.

If soap and water is not available, use alcohol hand sanitizer.

Persons at increased risk for infection, such as children less than 5 years old and persons with weakened immune systems, should avoid both direct and indirect (through others) contact with all reptiles.

Before bringing home a new child, find a new home for pet reptiles and thoroughly clean the home.

Salmonella germs can survive on dry surfaces, such as carpets and towels, for weeks.

COUNTY OF LOS ANGELES
Public Health
www.publichealth.lacounty.gov/vet

081108

ALERTA

PADRES Y PROVEDORES: TORTUGITAS PUEDEN SER DAÑINAS A LA SALUD DE SUS SERES QUERIDOS

En 1975, el gobierno federal prohibió la venta/distribución de tortugitas vivas para prevenir infecciones de *salmonella* en los niños pequeños.

Se estima que aproximadamente cien mil casos se previenen cada año.

Dueños y futuros dueños de reptiles, incluyendo tortugitas, deben estar educados a referente al riesgo de obtener *salmonella* de estos animales.

Mantenerse alerta de todos reptiles, incluyendo tortugas, en zoológicos, parques, centros de cuidado infantil, casas de amigos, o lugares donde se encuentra niños.

X

Z

Si ha estado en contacto o agarró reptiles o las jaulas, debe de lavar sus manos completamente con jabón y agua.

Si jabon y agua no están disponibles, use sanizador de alcohol de mano.

Personas en alto riesgo de infección, como los niños menores de 5 anos y personas con sistemas immunológico débil, deben evitar contacto directo y indirecto (por otros personas o objetos) con los reptiles.

Antes de traer a un bebe nuevo a casa, debe de encontrar a un hogar nuevo para los reptiles en su casa y limpia la casa completamente.

Micróbios de *salmonella* pueden sobrevivir en superfícies secas, como alfombras y toallas, por semanas.

COUNTY OF LOS ANGELES
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081008

Your to Pump?

Got Rights? Nursing moms do indeed!

BY SHERRY POSNICK-GOODWIN

Three months after giving birth in 2012, Eileen Mantz returned from maternity leave. Expecting support from the school where she had taught for nine years, the algebra teacher asked for a private place on campus where she could pump her breasts twice daily and store milk to keep her baby healthy. "Use a bathroom" inside her classroom at California High School was the answer — an option that Mantz found unsanitary, unacceptable and not in compliance with state law. Her administrator said there was no other place to accommodate her needs, so she used the staff lounge, covering herself with a blanket.

Eileen Mantz felt unsupported by her administration when she requested a private place to express milk for her daughter Erin.

I felt I had to make a choice between my school and my daughter.

EILEEN MANTZ

It was awkward and extremely uncomfortable," says the San Ramon Valley Educators Association member. "I crossed my fingers and hoped nobody would walk in."

While Mantz was pumping in her classroom during lunchtime with the door locked and the window covered, the vice principal unlocked her door without knocking and entered with a male student. She ducked under her desk and hid. Scheduling break times that coincided with her pumping schedule was also problematic.

"I felt unsupported by my administration. Obviously, there should have been conversations among administrators about all the breast-feeding moms on campus and how to support them. I was trying to make sure my child was healthy because I was already having issues with my milk supply. I felt I had to make a choice between my school and my daughter."

Such experiences are common throughout California's schools, says CTA lawyer Michael Hersh, who assists members whose rights are violated. Many school districts fail to meet state and federal requirements that protect nursing mothers in the workplace. These laws mandate that employers provide a reasonable space, other than

LACTATION STATION

Excerpts of California Labor Code Sections 1030-1033

1030. Every employer, including the state and any political subdivision, shall provide a reasonable amount of break time to accommodate an employee desiring to express breast milk for the employee's infant child. The break time shall, if possible, run concurrently with any break time already provided to the employee. Break time for an employee that does not run concurrently with the rest time authorized for the employee by the applicable wage order of the Industrial Welfare Commission shall be unpaid.

1031. The employer shall make reasonable efforts to provide the employee with the use of a room or other location, other than a toilet stall, in close proximity to the employee's work area, for the employee to express milk in private. The room or location may include the place where the employee normally works if it otherwise meets the requirements of this section.

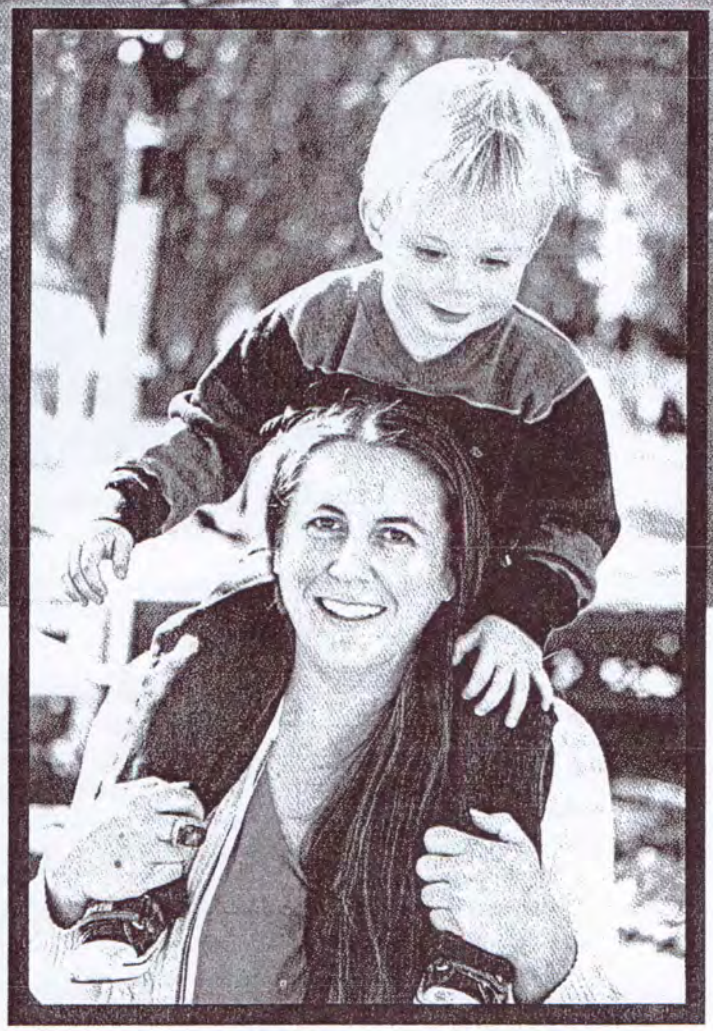
1033. (a) An employer who violates any provision of this chapter shall be subject to a civil penalty in the amount of one hundred dollars ($100) for each violation.

Corliss Vance was assigned yard duty during the time she planned to use a breast pump.

a toilet stall, for breast pumping, and offer break times when possible to accommodate the schedule of nursing mothers. (See sidebar, facing page.)

"Know your rights," says Hersh, who advises moms to talk with their administrator and chapter representative before coming back to work. "And if your needs aren't being met, contact your chapter president or primary contact staff person. Read your bargaining agreement, especially sections on health and safety and district policies. Keep in mind that state law offers more protection than federal law. Nursing moms have these rights and the power of CTA backing them. Involving the union in these issues provides additional protection from retaliatory actions."

Fremont Unified District Teachers Association member Corliss Vance was horrified when she was assigned outdoor recess duty during the time she planned to express milk, even though she had discussed the need with her administrator. When she complained that being unable to pump caused sore breasts and leakage, she was told to find someone else to replace her on yard duty. When the backup person fell through, she had to find someone else. The situation exacerbated the stress of adjusting to new life as a working mother.



"Parenting is the hardest job there is, followed by teaching," says Rebecca Conklin, who demanded that her school comply with state law.

"Breast-feeding is natural and there's nothing to be ashamed of, but I felt was being penalized," says the third-grade teacher at Parkmont Elementary School, whose son is now 2.

Teresa Shimogawa was worried about providing milk for her "preemie" infant when she returned from maternity leave a few months after he was born. She wanted him to become healthy and strong like full-term babies. Administrators at Cypress High School asked her husband, also a teacher at the school, to cover her

Teresa Shimogawa's husband Kenneth, also a teacher, covered her classroom while she used his for pumping.

HAVING A BABY?

CTA understands seeking early and regular prenatal care is one of the best things you can do for your baby. Partnering with the Mayo Clinic, the CTA Well-Baby Program includes:

- Growth Chart and Pregnancy Calculator to help get your pregnancy off to a healthy start.
- 24-hour toll-free nurse line to get answers to questions related to your health or the health of your baby during pregnancy or up to three months postpartum.
- *Mayo Clinic Guide to a Healthy Pregnancy:* a 500-page reference guide that will inform, reassure and educate future parents.

For details: **www.ctamemberbenefits.org/wellbaby** To enroll: Contact Mayo Clinic Health Coaching for Pregnancy, (800) 906-1064

class during his prep period while she was pumping. Both belong to the Anaheim Secondary Teachers Association.

"We discussed the situation ahead of time, but the administrators had no clear policy. When I first asked where I could pump, they suggested the bathroom, and I said, 'No, that's not going to happen.' So I went to my husband's classroom while he covered mine."

Her chapter president intervened, and a memo was issued on how the district will meet the needs of nursing moms in the future.

"When schools make it hard for teachers so they give up, that is kind of sad," says Shimogawa, an AP government teacher, now pregnant with her second child. "Most people don't know how to approach it. It's best not to be shy."

Rebecca Conklin was anything but shy before she returned from maternity leave in January 2011. She looked up state and federal law. She talked to other employees who returned to work while nursing their babies. They shared horror stories, like being walked in on by staff members or being offered a restroom.

Because district administrators blew off Conklin's concerns, the English teacher at San Benito High School in Hollister met with her superintendent to discuss state laws. He was supportive from the beginning, but getting others on board was more challenging. Her school now has a room designated for nursing mothers on campus, which Conklin furnished with supplies and donations from staff.

"Parenting is the hardest job there is, followed by teaching," s Conklin, San Benito Joint Union High School Teachers Associa tion. "I'm still working with district administration to provide mothers with options and information before taking maternity leave. Districts need to be aware of the law and to support their staff by actually following it. I'm proud to help change this situa tion and make it better for nursing moms."

For more information, CTA attorney Michael Hersh recommends visiting **www.californiabreastfeeding.org** and **www.usbreastfeeding.org/employment/workplacesupport.asp**

MORE INFORMATION

For the rest of the story, see **www.cta.org/breastfeeding**.

* Wellness exams performed by your veterinarian can help detect and treat zoonotic infections before they become serious.

WELLNESS CARE

Pets age much faster than humans do. For this reason, pets should be seen by their veterinarian 1 to 2 times every year. Ask your veterinarian's opinion about your pet's diet, behavior, parasite control, oral hygiene, skin and coat, and general health. Routine blood testing can assist in the early detection of disease. Such tests can greatly enhance the detection of disease at an early stage and help prolong the life of your pet.

VACCINATIONS

Vaccination is a vital way to protect pets' health. Vaccinating your pet is much less expensive than trying to treat serious diseases. Distemper and Parvo, which case life-threatening illness in dogs, are very common in LA County. Vaccinating your pet will also save you and your family a lot of heartache.

Many people do not realize that only one vaccination series is not sufficient to protect your pet, and need to be boostered. The American Animal Hospital Association recommends certain vaccines for all dogs and cats:

9.2009 JS, LF. 4.2011 EB

BASIC DOG VACCINATIONS

Rabies

All ages: 1st – Age 16 wks or more
2nd- 12 months later
Boosters - every 3 yrs

Distemper-Parvo Combo (DHPP)

Puppies: 1st- Age 6-8 wks
2nd- 3-4 wks later
3rd- 3-4 wks later
4th – 12 months later
Booster every 1-3 yrs

Adults: 1st - right away
2nd-3-4 wks later
3rd-12 months later
Booster every 1-3 yrs

For many pets, additional vaccines may be needed. Ask your veterinarian for more information.

LICENSING

All dogs over the age of 4 months in the County of Los Angeles must have a license issued by the local area animal control authority. Licensing allows owners to be reunited with their pets in case the pet is lost. Proof of rabies vaccination is required.

BASIC CAT VACCINATIONS

Rabies

All ages: 1st- 16 wks of age or more
2nd- 12 months later
Boosters- every 3 yrs

Panleukopenia Combo (FVRCP)

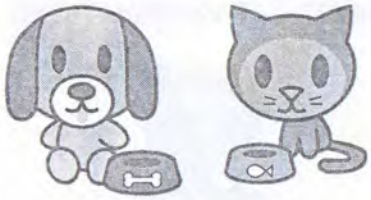
Kittens: 1st- Age 6-8 wks
2nd- 3-4 wks later
3rd- 3-4 wks later
4th – 12 months later
Booster every 1-3 yrs

Adults: 1st - right away
2nd-3-4 wks later
3rd-12 months later
Booster every 1-3 yrs

For more information on healthy pets:

Companion Animal Parasite Council
www.petsandparasites.org/
American Veterinary Medical Association (AVMA) Care for Animals
www.avma.org/careforanimals/default.asps
LA County Veterinary Public Health
publichealth.lacounty.gov/vet/
American Animal Hospital Association
www.healthypet.com/
CDC's Healthy Pets, Healthy People
cdc.gov/Features/HealthyPets/

COUNTY OF LOS ANGELES
Public Health
Veterinary Public Health & Rabies Control



Promoting HEALTHY PETS in LA County

SPAY/NEUTER

Should I Spay/Neuter My Pet?

YES! It's a Lifesaver! Every year more than 50,000 dogs and cats end up homeless in Los Angeles County shelters. Others never make it to shelters and suffer in the streets. Spaying or neutering pets prevents animals from being born accidentally, and is an effective and humane way to save animals' lives.

What is Spay/Neuter?

A spay is the surgical removal of a female animal's reproductive organs. A neuter is the surgical removal of a male animal's testicles. Both surgeries are performed by a veterinarian while animals are under general anesthesia.

Benefits for Your Pet & for You

A longer, healthier life for your pet:

* Decreased chance of mammary cancer & uterine infections in females
* Decreased chance of prostate problems & testicular cancer in males
* Pets that are spayed/neutered are 3 times less likely to bite.
* Spaying/neutering helps with unwanted behaviors such as roaming, anxiousness, and pets are less likely to spray and mark their territory.

PARASITE CONTROL

External parasites can be prevented and controlled by using topical flea and tick control (applied monthly), which should be used year-round. MANY DOG flea/tick products CANNOT be used on cats. Read labels carefully! To prevent and treat internal parasites, like hookworms, whipworms and heartworm, monthly deworming medications are recommended to be prescribed by your veterinarian.

Have your pet tested regularly (at least once a year) for parasites by a veterinarian.

TRAINING YOUR PET

Training is important in helping to keep pets and people safe. Many pets are taken to shelters each year because of troublesome behavior that could have been prevented. Teaching basic skills by positive training (reward) is essential. Punishing dogs is NOT an effective training method and often makes your pet afraid or aggressive. Teaching your pet good manners, like how to sit, walk on a leash, greet people respectfully, and urinate and defecate in the appropriate places (outside, litterbox, etc), will benefit you and your pet.

ZOONOSES & HYGIENE

Zoonotic diseases ("zoonoses") are diseases pets and humans can share. Some of these diseases are spread directly from infected animals to people through contact with skin, saliva, stool, or through bites or scratches. Examples include ringworm, roundworm, leptospirosis, toxoplasmosis, and rabies. Other zoonotic diseases can be spread to people through flea or tick bites, including Murine Typhus, Rocky Mountain Spotted Fever and Lyme disease.

Steps to Protect You & Your Pet from Zoonoses

* Frequent hand-washing, tick checks, flea and mosquito control, avoiding "pet kisses," cleaning up your pet's feces frequently, using care when cleaning litter boxes and other precautions.
* Many zoonotic diseases can be prevented in pets by vaccination and parasite control.

9.2009 JS, LF. 4.2011 EB

County of Los Angeles
Public Health
Veterinary Public Health & Rabies Control

Ilana R. Reisner, DVM, PhD, Diplomate ACVB
University of Pennsylvania

Better Never Bitten

Tips for Keeping Your Family & Friends Safe ... Including Your Dog

Dogs are our best friends, and many families cannot imagine life without them. Yet bites from pet dogs are common and can ruin an otherwise loving relationship. Although we certainly see them as members of the family, it is important to remember that dogs are, in fact, dogs—whose native language is different from our own. What a child might do to show her love to a dog might be seen as a threat, and reaching to take something as meaningless as a paper towel from it might insult any dog's sense of ownership. We hear all kinds of advice and it can be confusing. What, then, can we do to ensure that our children, ourselves, and our beloved pets are content and safe?

What NOT to Do

- Don't leave infants, toddlers, or young children alone with any dog, no matter how friendly it is.
- Don't pet, touch, nudge, hug, or kiss a dog while it is resting, especially if it is on or beneath furniture.
- Don't hug or kiss a dog that is not your own, however friendly it may seem.
- Don't move a dog by pulling on its collar or scruff; instead, call the dog to you or toss a piece of food.
- Don't pet or touch a dog while it is eating food or chewing on a toy, bone, or any other object.
- Don't reach to remove food, toys, or any other objects from a dog. If it is necessary to remove an object, trade by offering it an irresistible piece of food.
- Don't pet or restrain any dog trying to get away from you.
- Don't corner a dog to clip on a leash, give it medicine, groom, or even pet it.
- Don't point at, hit, slap, or otherwise punish or scare the dog. Your dog does not purposely misbehave. Most important, physical punishment will frighten the dog, and frightened dogs are more likely to bite.

SHOULD YOU SEEK HELP?

Dogs are complicated animals and, like us, might need help for one problem or another. Many "issues" can be addressed with simple training or environmental or management changes. If, however, your dog is significantly fearful or has shown growling, snapping, or biting behavior, the situation will not resolve on its own. Talk to your veterinarian or a certified behavior specialist for help and recommendations.

READING YOUR DOG

You might be surprised to learn about these signals of stress or fear. These reactions may be especially relevant when the dog is approached by someone or hesitates to do something that you have asked it to do:

- Yawning
- Rolling over on its back
- Lowering its head
- Backing up
- Wagging a stiff tail
- Licking its lips
- Lifting a front leg
- Sitting

This client handout from *Clinician's Brief* may be downloaded and printed for use in your clinic.

IMPORTANT NOTICE

ORSA IS NOW PART OF ATP!

New improvements are coming to the Ability to Pay (ATP) Program for services beginning April 1, 2013

- ATP will now cover both inpatient and outpatient services under a single ATP Agreement; patients do not have to apply separately for ORSA to get outpatient coverage.
- The single ATP Agreement will be effective for 1 year.
- Patients with no income or who qualify as low income* will continue to receive care at no cost.
- Patients with slightly higher incomes* will continue to have a share of cost, with some new changes:
  - New change: Patients are now only charged one time for each inpatient admission, *regardless of how long the patient stays in the hospital.*
  - New change: Patients are now only charged once each month for outpatient care, *regardless of how many outpatient visits the patient has in a calendar month.*

If patients are currently covered by ORSA or the older version of ATP, they have a choice:

A. They can continue with their current ORSA Agreement or ATP Agreement until it ends,
OR

B. They can switch to the new and improved ATP program. They will have to reapply, but would get the benefits of the new program.

Patients who enroll in the new ATP program may be charged less because of the changes. Ask a Financial Screener if you need help deciding what to do.

**Low income is defined as income at or below 133% of the Federal Poverty Level (FPL), which is the same definition as now. Higher income is defined as above 133% FPL.*

NOTICIA IMPORTANTE

¡ORSA YA ES PARTE DE ATP!

Nuevos cambios importantes vienen al plan de Habilidad-de-Pago (ATP) para servicios empezando el 1 de Abril, 2013

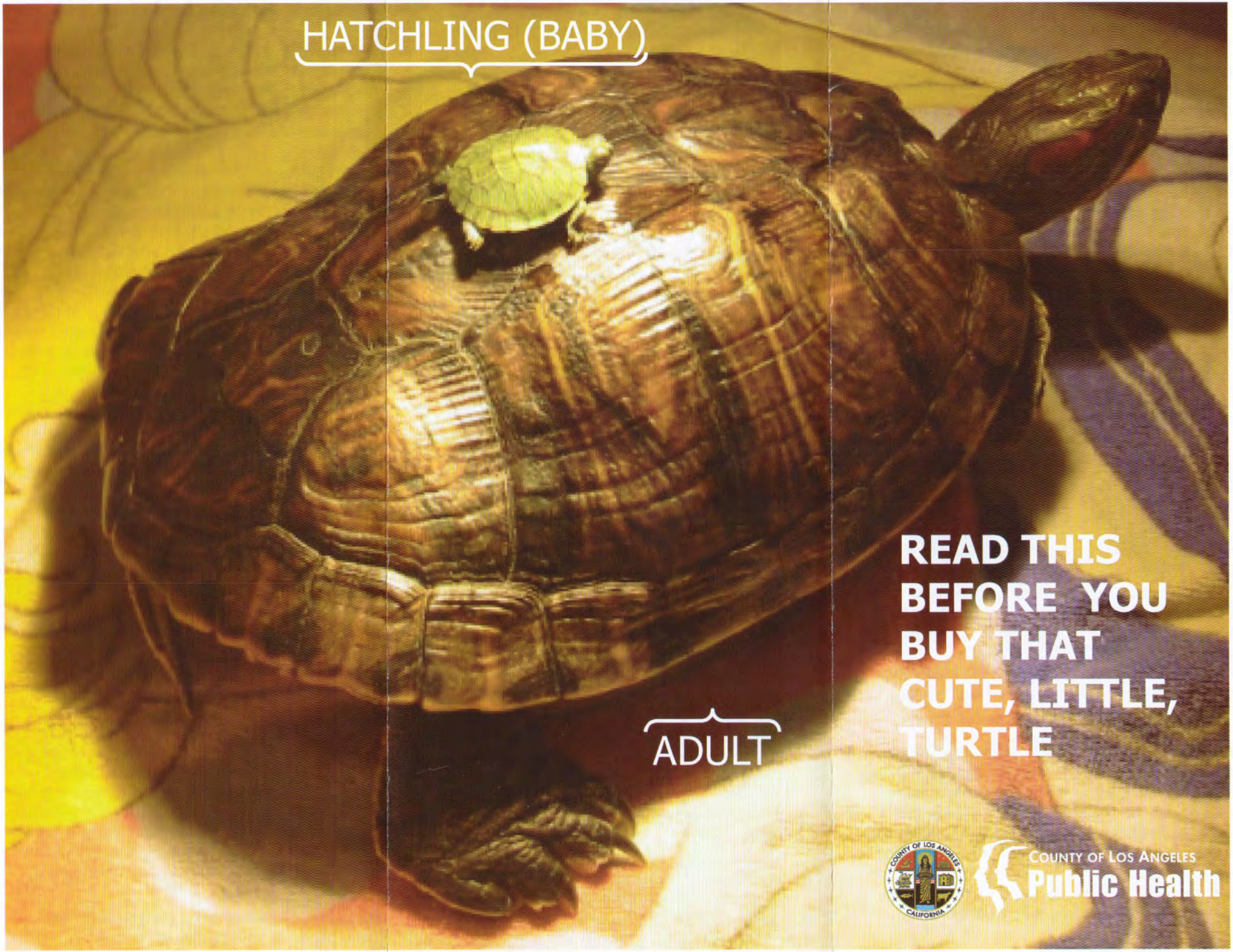
- El nuevo plan de ATP cubrirá los costos de hospital (admisiones) y visitas a su doctor(a) de cabecera (cuidado de paciente externo); no es necesario aplicar para ORSA por separado para cubrir sus visitas a su doctor(a).
- El nuevo contrato de ATP tendrá un (1) año de validez.
- Los pacientes sin ingresos o de bajos ingresos* continuarán recibiendo cuidado médico sin costo.
- Pacientes con ingresos más altos* tendrán que pagar un costo reducido, con algunos cambios nuevos:
    - Cambio Nuevo: Los pacientes tendrán que pagar solo una vez por admisión de hospital, sin importar el tiempo que este internado(a).
    - Cambio Nuevo: Los pacientes tendrán que pagar solo una vez por mes por consultas con su doctor(a), sin importar las veces que visite a su doctor(a) en el mismo mes.

Si los pacientes tienen el plan de ORSA o la versión anterior de ATP, los pacientes tendrán dos opciones:

A. Pueden continuar con su plan de ORSA o ATP hasta que se termine,
   O
B. Pueden cambiar al nuevo plan de ATP. Si desea cambiar, tendrán que aplicar de nuevo para recibir los beneficios del nuevo plan de ATP.

Los pacientes que cambien al nuevo plan de ATP podrían calificar para un costo más bajo. Pregúntele a un trabajador(a) de finanzas si necesita ayuda para decidir qué hacer.

**Bajos ingresos se definan como ingresos menos de 133% del Nivel de Pobreza Federal, que es la misma definición actual. Ingreso alto se defina como ingreso arriba de 133% del Nivel de Pobreza Federal.*



READ THIS BEFORE YOU BUY THAT CUTE, LITTLE, TURTLE

County of Los Angeles
Public Health

IT'S A TURTLE—NOT A TOY!

You buy a little green turtle with red jellybean patches behind its eyes, a cute "plastic lagoon" bowl with a little palm tree, and a little "turtle food" in a box or bag.

Maybe you are "told" that the turtle will grow to fit the bowl and live its life there; maybe that is what you think—after all, the turtle is *so* small. It is so *cute*. So trouble-free. An ideal pet for you, your child, your family? Red-eared sliders can live up to thirty years. Only individuals willing to commit time, energy and money should consider a turtle for a pet.

The cute plastic "lagoon" bowl with the little palm tree is to the hatchling what a car seat is to a human infant—a temporary carrier. That hatchling you brought home needs an absolute minimum of a *ten gallon* tank. An adult red-slider turtle (shown above) requires a minimum 75 gallon tank to a "more comfortable" 125 gallon tank.

Further, to ensure a healthy turtle of *any* age or size, it is vital to keep its tank at about 80°F in order for your pet to maintain basic life functions. Other basic-life-equipment include a submersible aquarium heater with a thermostat, a basking light, a good filter and the right commercial turtle food (specific to red-eared sliders). Too, "escape-proof" the top of the tank as red-eared sliders are good climbers, and can escape from their tanks.

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ENVIRONMENTAL DAMAGE OF RED-EARED SLIDER TURTLES

For the first time since 1975, it may become legal to sell or buy any live turtle(s) with a carapace [upper shell] length of less than 4 inches. Turtle farmers have developed ways to ensure that these baby reptiles are salmonella free *at the time of sale*.

The proposed amendment does not address the difficulty of *keeping* these reptiles samonella free. Nor does it recall the reasons for the ban of the sale of baby turtles 31 years ago: too many young children who played with these pet turtles were getting sick from *Salmonella*, the germ that causes salmonellosis. Infants, children, and older adults continue to die from this disease.

Red-eared slider turtles are reptiles. They carry Salmonella, as well as other germs and tiny bugs. They can infect native wild turtles when these pets are "humanely released" into city park ponds, streams and rivers and other water ways.

Red-eared slider turtles are aggressive creatures which multiply rapidly. Red-eared sliders have no known "enemies" in the wild. Given the chance, red-eared sliders will replace native turtles and other local wildlife, and cause serious environmental harm.

If you have a red-eared slider turtle (or any other no -longer-wanted pet), there are numerous pet rescue associations in Los Angeles County who will find homes or shelters for them. These non-profit rescue groups can be found on the Internet. For turtles, enter the key words "turtle rescue". Look for postings at local pet stores. Ask about them at your community library. *Just don't dump your pet!*

Special Thanks! to our Partners in Public Health at Austins Turtle Page (ATP) for allowing us to reproduce selected photographs and information from their web pages at www.austinsturtlepage.com/.

SALMONELLOSIS (caused by *Salmonella*)

All reptiles, including turtles, shed *Salmonella,* much like humans shed skin cells. Human skin cells are harmless; *Salmonella* bacteria and the salmonellosis disease that it causes, are not harmless. Indeed, it can be deadly.

Across the United States, *Salmonella* causes an estimated 1.4 million cases of illness and 400 deaths each year. In Los Angeles County, 10% of all reported cases of salmonellosis involved persons who had direct or indirect contact with reptiles. Red-eared slider turtles were the most common reptile in over 50% of these cases.

Contact with these baby turtles and all other reptiles can be a very serious health risk to infants, small children, and adults with weakened immune systems.

Symptoms of salmonellosis include nausea, vomiting, abdominal cramps, diarrhea, fever, and headache. Persons usually start feeling sick 12 to 36 hours after being exposed to a bacteria-shedding reptile, or any surfaces where its bacteria spread to.

Salmonellosis, the disease, usually lasts 2 to 7 days. *Salmonella,* the bacteria that causes this disease, can survive on unwashed, dry surfaces for *weeks*. Clean all reptile-exposed surfaces with household disinfectant; wash all reptile-exposed materials—clothes, towels, and such—in hot water and detergent.

If you are considering buying a baby turtle, or any other reptile, remember: no matter how clean you keep your pet, its housing, etc., it still sheds *Salmonella.* If you already own a turtle or any other reptile, wash its housing and dishes, etc., outside, or sanitize your wash area. Most important, *always* wash your hands thoroughly with soap and warm water after touching your pet and their housing.

For further information on salmonellosis, visit our web pages at www.publichealth.lacounty.gov/vet .